



**Denver Psychotherapy and Consultation Services, LLC®**  
*Resources for Personal and Professional Growth™*

**Noeticus Counseling Center and Training Institute®**  
*Innovative Approaches to Counseling and Change™*



**PERSONAL/FAMILY LIFE LINE OR TIME LINE**

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

Make a timeline of your personal life or the life of your current family beginning a year before you were born or a year before your current family began. To the best of your ability, mark all the major events that happened in your life up through today. Major events are anything you think is significant, both positive and negative, such as births, deaths, moves, major losses, relationships, new jobs, first experiences, etc. Start at the bottom and work up. Each line represents one decade with each plus sign (+) representing one year.

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Start Here: Year=